

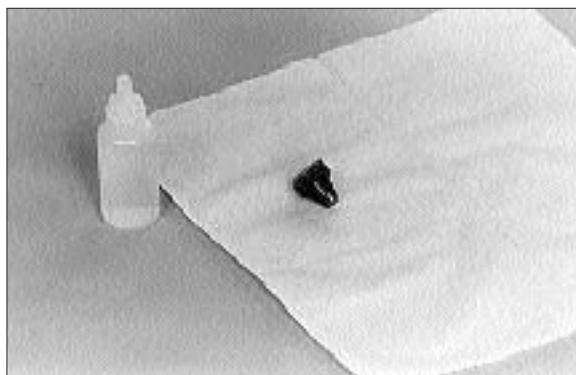


How to Put in Your Eyedrops

This information was developed by your nursing staff to show you a way to put in eyedrops. By following these directions, you will keep this medication clean and prevent eye infections.



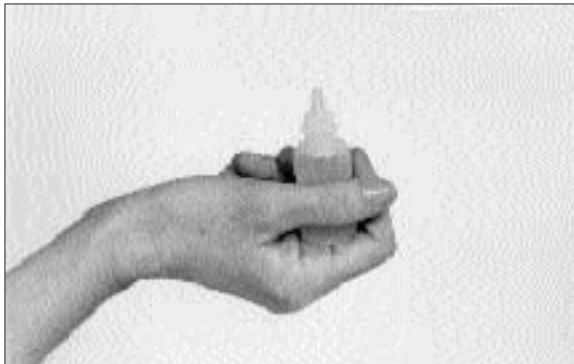
1. Wash your hands with soap and water.



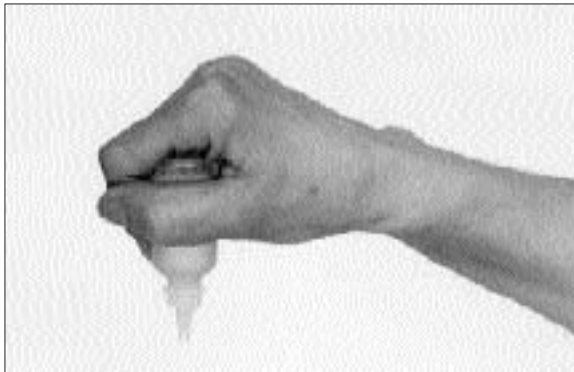
2. Remove the cap of the eyedrop bottle. Place the dropper cap on its side, and rest it on a clean tissue.



3. Hold your hand flat, palm up, and place the bottle at the base of your first finger.



4. Grasp the bottle gently by curling your thumb and fingers around the bottle.



5. Quickly turn the bottle upside down.



6. Place the back of your thumb against your forehead, above the eye receiving the drop.



7. Tilt your head backward with both eyes open, and look at a point on the ceiling.



8. Pull your lower lid down gently to form a pocket for the drop.
9. Squeeze the bottle lightly to allow the drop to fall into the pocket.



10. Close your eyes without squeezing them. Keep your eyes closed, and gently blot them with a clean tissue.

Helpful Tips

Identify your correct eyedrop—ask for help if needed.

Avoid touching the eye dropper with your fingers.

Refrain from touching the dropper to the eye, lashes, or lid.

Invert the bottle quickly to keep drops from leaking out.

Hold bottle parallel to your face when giving your drops.

Point your fingernail away from your eye to avoid injury.

Open both eyes and focus on the ceiling to avoid blinking.

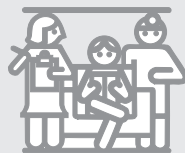
Avoid squeezing or blinking your eyes following drops.

Use a clean, separate tissue to blot excess from each eye.

Wait at least 2 minutes between each drop.

Check expiration date on bottle—throw away if outdated.

Anticipate your need for a refill to avoid running out of drops.



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